

FINDING OUR WAY TOOL

PRAYING IN SURRENDER

PROMPTS FOR PRAYER

INVITE THE HOLY SPIRIT

Find a quiet place to reflect. Invite the Holy Spirit to meet with you and bring to mind areas of your life in which you may be clinging to control rather than being open to the Holy Spirit's leading.

INVOKE AWE & WONDER

Remind yourself who God is. Where do you notice Christ in creation? Look around at nature or up to the sky to see glimpses of the world God has made. Acknowledge ways that you are finite and God is infinite. List the imagery or attributes that come to mind.

ARTICULATE PRIORITIES

With God, name things you're prioritizing in this season and worries you may be carrying. List your plans and priorities. Then list your worries and concerns.

OFFER UP ANXIETIES

Consider Philippians 4:6: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Visualize yourself removing your worries and plans from a backpack you've been carrying and offering each one to Jesus. Repeat a simple prayer of thanksgiving like, "Thank you for carrying my burdens."

COMMIT TO PRAYER

With palms up, sit quietly and listen for words or promises the Holy Spirit brings to mind. Jot them down. Commit to regularly offering your plans and your anxieties to God. Write a note on your calendar, phone, or desk where you will be frequently prompted to surrender control and give your plans, worries, and priorities to God.

REFLECTIONS AS YOU PRAY